



# British Fencing

# ACHIEVEMENT AWARDS

## FOIL

### GRADE 1

**Demonstrate:** (with coach or partner)

- 1 The Grip
- 2 The Salute
- 3 The On Guard - Guards of Sixte & Quatre
- 4 Steps Forward and Backward
- 5 The Lunge - Hitting - Direct Attack
- 6 Simple Parry with Direct Riposte
- 7 Simple Parry with Direct first Counter-Riposte

**Describe:**

- 1 How To Use Your Foil Safely
- 2 How To Fence Safely
- 3 The Target Area
- 4 The Principles of Fencing with The Foil
- 5 Fencing Etiquette



### GRADE 2

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain fencing line
- 2 Maintain correct distances for hitting with - Riposte - lunge - step forward lunge
- 3 Maintain lunge distance and make a Direct Attack with a lunge each time your partner pauses

**From a stationary position:**

- 4 Guards of Septieme and Octave
- 5 Engagements in Sixte, Quatre, Septieme and Octave - Changes of Engagements - Pressures
- 6 Disengage Attack with a lunge on partner's pressure from -
- a Engagement in Sixte
- b Engagement in Quatre
- 7 Circular Parry of -
- a Sixte with Direct Riposte
- b Quatre with Direct Riposte

**Describe:**

- 1 Courteous and respectful behaviour and manners "Pledge of Honour" (Articles 601, 602 & 603)
- 2 Parts of the Foil
- 3 Dimensions of the Piste



### GRADE 3

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain engagements in Sixte, Quatre, Septieme & Octave
- 2 Disengage Attack with a lunge from Sixte each time your partner pauses and attempts to engage blades in -
- a Sixte from a low line guard
- b Quatre from a low line guard

**From a stationary position:**

- 3 Two types of lunge: a accelerating b explosive
- 4 Balaitra - Balaitra step forward - Balaitra lunge
- 5 Beats and Change Beats in Sixte.
- 6 Semi-circular Parries with Direct Riposte
- 7 A One-two Attack with an accelerating lunge when your partner attempts to engage blades in Sixte then parries into Sixte

**Describe:**

- 1 Simple Attacks and Types of Parries
- 2 Difference between Simple and Compound actions
- 3 Duties of Referee and Judges
- 4 Timekeeping during competitions
- 5 Rules regarding the boundaries of the Piste



### GRADE 4

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- 1 Continuously change engagements in high line and low line guards
- 2 Maintain lunge distance with blades engaged and when your partner pauses, attack by One-two with a lunge
- 3 When your partner attacks with a lunge, Parry with a Circular Parry of Sixte with Direct and Indirect Riposte

**From a stationary position:**

- 4 Maintain lunge distance and when your partner pauses and lowers his/her foil point, make a lunge
- 5 Direct and Disengage with a lunge, when your partner Parries into Sixte
- 6 Semi-circular Parries with Direct Riposte
- 7 A One-two Attack with an accelerating lunge when your partner attempts to engage blades in Sixte then parries into Sixte

**Describe:**

- 1 Scoring on a pool sheet
- 2 A Electrical foil recording apparatus
- 3 Fencers electrical equipment
- 4 Treating the equipment before the start of a fight
- 5 Rules regarding the boundaries of the Piste



### GRADE 5

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and on one of your partner's steps forward, attack with: a. Beat Direct with an explosive lunge b. Beat Disengage with an explosive lunge
- 2 As your partner attacks with a lunge, step back to avoid the attack and attack with a step lunge as your partner returns guard
- 3 Parry your partner's attack with a Circular Parry of Sixte with a Disengage Riposte - if your Circular Parry is defeated, then Parry Quatre with a Direct Riposte

**From a stationary position:**

- 4 Engage your partner's blade in: a. Sixte, and attack with Coule Direct and Coule Disengage and accelerating lunge b. Quatre, and attack with Coule Direct and Coule Disengage and accelerating lunge
- 5 Diagonal Parries
- 6 Direct Attack, with Fliche
- 7 Engage your partner's blade in Sixte, Quatre, Octave and Septieme, with a step forward

**Describe:**

- 1 Successive Parries and the reasons for them
- 2 Rules and penalties regarding: a. illegal use of back arm b. Corps a corps c. Turning d. Hand hitting and dangerous fencing
- 3 Faults in the electrical recording apparatus when fencers are correctly connected and when: a. One fencer is hit correctly on target and while light appears b. A white light continually flashes on one side

### GRADE 6

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and when your partner pauses, engage blades with a step forward
- 2 Sixte, and attack with Double and an accelerating lunge
- 3 Quatre, and attack with Double and an accelerating lunge
- 4 Double and an accelerating lunge

**From a stationary position:**

- 5 Maintain step-lunge distance and as your partner begins a step forward, Beat attack direct, with a Riposte
- 3 Maintain step-lunge distance and Disengage Attack with an explosive lunge as your partner steps forward to engage your blade in Sixte and in Quatre
- 4 When your partner attacks into the low line, Parry Octave and Riposte into the high line - if your Riposte is parried, then Parry into Quatre and hit with a Direct second Counter-riposte
- 5 Counter Attacks with a lunge, on partner's pressure from Sixte, Quatre, Septieme and Octave
- 6 Compound Riposte and Counter-riposte
- 7 Opposition Counter-attacks in Sixte, Quatre and Octave with a step forward

**Describe:**

- 1 Preparatory actions and their tactical use
- 2 Counter-offensive actions
- 3 Fencing Time: single and multi-time actions
- 4 What is meant by "taking the initiative" and why is this important in a fight?

### GRADE 7

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and attack direct with lunge as your partner steps forward or, if your partner attacks on your step forward, Parry Quatre with a Direct Riposte
- 2 Maintain step-lunge distance and when your partner pauses, attack with faint direct with Balaitra and Coulover with lunge
- 3 Maintain lunge distance and at the start of your partner's attack or step forward preparation: a. Beat Parry into Quatre with a Direct Riposte b. Beat Parry into Septieme with a Direct Riposte
- 4 Maintain step-lunge distance and as your partner pauses and attempts to engage blades in Quatre and then Parries into Sixte, attack by One-two with a step lunge

**From a stationary position:**

- 5 Parries ending in guards of Prime, Seconde, Tierce, Quatre and Neufieme
- 6 Maintaining line, Simple Derobements
- 7 Remise, Redoublement, Riposte
- 1 Second-intention actions
- 2 Importance of mixing one and two tempo attacks and when you would use them
- 3 "Open Eye" Actions
- 4 Duties of Arm Judges

**Describe:**

- 1 Your understanding of distance, timing and speed in fencing
- 2 Counter-Time
- 3 Ceiling and Opposition Parries

### GRADE 8

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and choose the moment to attack your partner using a mixture of lunges and step-lunges: a. Taking the blade into Quatre and direct attack b. Taking the blade into Sixte and disengage attack c. Faint direct and attack with one-two
- 2 At lunging distance, maintain line and: a. Hit with Simple Derobement as your partner steps forward and attempts to engage blades in Sixte or Quatre b. Hit with Compound Derobement as your partner steps forward and attempts to engage blades and parries in Sixte or Quatre

**From a stationary position:**

- 3 From step-lunge distance, make an invitation by step forward, jump forward or half lunge and if your partner attacks, parry Neuvieme and riposte direct
- 4 From step-lunge distance, make a lunge with a step forward and: a. Attack direct if your partner does not react b. Attack by disengage if your partner takes a Parry of Quatre or Circular Sixte
- 5 Parry Neuvieme and riposte direct if your partner attacks with a Beat Direct
- 6 Frustrant direct attack with lunge

**Describe:**

- 1 Your understanding of distance, timing and speed in fencing
- 2 Counter-Time
- 3 Ceiling and Opposition Parries

### GRADE 9

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and when your partner pauses, engage your partner's blade into Quatre with step forward and a Beat Direct with a lunge if your partner does not react
- 2 Attack by Disengage if your partner changes the engagement or closes the line c. Attack by Cross if your partner deceives your attempt to engage with an explosive lunge
- 3 Maintain step-lunge distance and when your partner attacks, parry Prime with a step forward and riposte at close quarters and on one of your partner's steps forward, attack with a Beat direct and: a. Hit if your partner fails to parry b. Remise if your partner parries and steps forward with an indirect hit
- 4 Engage Disengage with Fliche with a step back and step forward

**From a stationary position:**

- 4 At lunging distance, attack by faint direct and disengage with various sizes of lunges (short, medium and long) depending on whether your partner parries Prime with a step forward, standing still or a step backward
- 5 From step-lunge distance, Parry your partner's blade in Quatre and riposte and: a. Attack by Couver if your partner does not react b. Parry Quatre and direct riposte if your partner attacks into your high line with a lunge c. Attack by Beat direct lunge if your partner deceives your blade with an extended sword arm
- 6 Force your partner for 5 hits and explain how all the hits are successful in scoring (ie explain how you should have avoided them)
- 7 Preside a fight for 5 hits
- 8 Give your partner a short "warm-up" lesson with mobility, involving direct and indirect attacks, simple parries and direct riposte and counter-riposte

